

# Track & Field Quarterly Review

## Index: Volume 94. No. 1, 2, 3, 4

- Altmeyer, Lothar, Klaus Bartonietz, Dieter Krieger, Conditioning Training of Throwers: Strength and Power Development. 94:3,57
- \_\_\_\_\_, Learning the Glide Shot Put Technique: From the Beginner to the Advanced Athlete. 94:3,11
- \_\_\_\_\_, Techniques and Training: Discus Throw. 94:3,33
- Bartonietz, Klaus E., Rotational Shot Put Technique: Biomechanical Findings and Recommendations for Training. 94:3,18
- Bosen, Ken O., Recent Trends in Technique and Training in Javelin Throwing. 94:3,53
- Brito, Ricardo Guadarama, General Jumps in the Training of the High Jumpers. 94:4,27
- Burke, Sandra, How to Use Video Feedback to Understand Concepts That Will Enhance Individualized Technique in the Discus. 94:3,43
- \_\_\_\_\_. Ways to Accommodate Learning Techniques. 94:4,11
- Caprara, Gregory, The Magnificent Seven: Seven Lifts to Improve Strength Specific to Hammer Throwing. 94:3,62
- Coffman, Wayne, Cross Country: Theory & Training Schedule. 94:2,11
- Craddock, Dennis, Middle Distance Philosophy & Training. 94:2,17
- Dales, George G., Index: Volume 94, No. 1,2,3,4. 94:4,64
- Dapena, Jesus, New Insights on Discus Throwing. 94:3,37
- de Swardt, Abrie, Fartlek. 94:2,19
- \_\_\_\_\_, Track Training Methods for Cross Country Speed and Speed Endurance. 94:2,15
- Drenth, Walt, Building Team Unity...Reflections of Your and Their Life Styles. 94:2,10
- Dunn, George, Developing the Young Shot Putter. 94:3,6
- Eksten, Frank, Weightlifting Techniques & Training Routines in the Weightroom. 94:4,63
- Fairall, Dennis, Matveyev Periodization of Training Adapted to High School Programs. 94:2,16
- Frankel, Eleanor, Noticeable Gains. 94:4,58
- Furry, Dan, Long Jump Technique and Teaching Progression. 94:4,20
- \_\_\_\_\_, Triple Jump Technique and Teaching Progression. 94:4,23
- Freeman, William H., Thirty Year Issue Index (1964-1993). 94:1,36-63
- \_\_\_\_\_, Thirty Year Topical Index (1964-1993). 94:1,2-35
- Hakkinen, A. Pakarinen, Two A Day. 94:4,5
- Hay, James G., The Biomechanics of Triple Jump Techniques. 94:4,21
- Heinonen, Janet, Cracks in the Wall. 94:2,9
- Heisler, Randy, Distance Runners: Development of Endurance Strength. 94:2,18
- Henson, Phil, Plyometrics Training. 94:4,53
- Homenkova, L.S., Training For Jumping Events. 94:4,44
- Irving, Scott, Coaching Techniques for Shot Put/Discus. 94:3,31
- Jacoby, Ed, Flop High Jump. 94:4,26
- Johnson, Jan, Sky Jumper's Checklist for Safety, Cost Reduction and Increased Vaulting Performance. 94:4,40
- Jones, Max, Common Root Movements. 94:3,16
- \_\_\_\_\_, Faults of the Novice Shot Putter. 94:3,17
- Khun, Max, Some Ideas for the Hammer Throw. 94:3,61
- Lawler, Peter, The Javelin Throw—Past, Present, Future. 94:3,47
- Levchenko, A., A. Berestovskaya, About the Planning of Training of Elite Discus Throwers. 94:3,36
- Lyden, Robert, The Sharpening Period. 94:2,39
- Maheras, Andreas, The Optimum Angle of Release in the Shot Put. 94:3,30
- Maines, David, Marketing Track and Field. 94:4,3
- Maltseva, N. The Young Throwers. 94:3,4
- McDonald, G.F., Suicidal Pacing: The Rest of the Story. 94:2,35
- McGuire, Mike, Collegiate Women's Cross Country Training. 94:2,13
- Moss, Dick, A Fun Substitute for Fartlek Work. 94:2,32
- \_\_\_\_\_, Pole Vault Towel Drill Teaches Speedy Runup and Plant. 94:4,41
- \_\_\_\_\_, Race Pace Contest. 94:2,38
- Paish, Wilf, Take Another Look at Teaching Hammer Throwing (An Old-Fashioned View). 94:3,60
- \_\_\_\_\_, Simplified Biomechanics of the Throws. 94:3,3
- \_\_\_\_\_, Teaching the Young Novice Javelin Thrower. 94:3,56
- Parks, Bob, Philosophy; Training, Tactics: 800 Meters (Men). 94:2,29
- Pfaff, Don A., Discus Dynamics. 94:3,32
- Poprawski, Bogdan, Discus and the Wind. 94:3,36
- Remigino, Lindy, Coaching the Elite 800 Meter Runner. 94:2,23
- Rogers, Joe, The Flop High Jump Technique. 94:4,24
- \_\_\_\_\_, The Long Jump. 94:4,15
- Sanders, Michael, The Vertical Jump As A Measure of Muscular Imbalance. 94:4,62
- Santos, Jim, Jump Competition: The Strategy and the Competition. 94:4,12
- Schrof, John M., Tarnished Trophies. 94:4,8
- Singer, R.N., R. Lidor, J.H. Cauraugh, Just Do It. 94:4,10
- Sunderland, David, The Steeplechase and Training for the Event. 94:2,61
- Tegen, Peter, Middle Distance and Distance Training. 94:2,21
- Tompkins, Richard, Plyometrics Through the Grades. 94:4,56
- Turner, Lowell, Susan L. Turner, Long Jump Your Height Contest. 94:4,22
- UCS Spirit/USA Track and Field Pole Vault Development. 94:4,42
- von der Laage, Rolf, Ma's Chinese Family Army Revolution, NSA Interview 3: Ma Junren. 94:2,4
- Wilcox, John, The Pole Vault. 94:4,29
- Wilson, Roseann, Training for the 800 Meters (Women) 94:2,33
- Wiststein, Steve, Getting What It Takes To Win. 94:4,6